

Practising Well: Your Community of Practice

April 28, 2021

Panelists:

Dr. Kristina Powles

Dr. Leah Skory

Dr. Stephanie Zhou

With Dr. Javed Alloo, Dr. Peter Selby and
Dr. Melissa Holowaty



Helping our patients deal with the mental health impacts of the pandemic



Ontario College of
Family Physicians

**Practising
Well**
Teaching.
Learning.
Connecting.



Family & Community Medicine
UNIVERSITY OF TORONTO

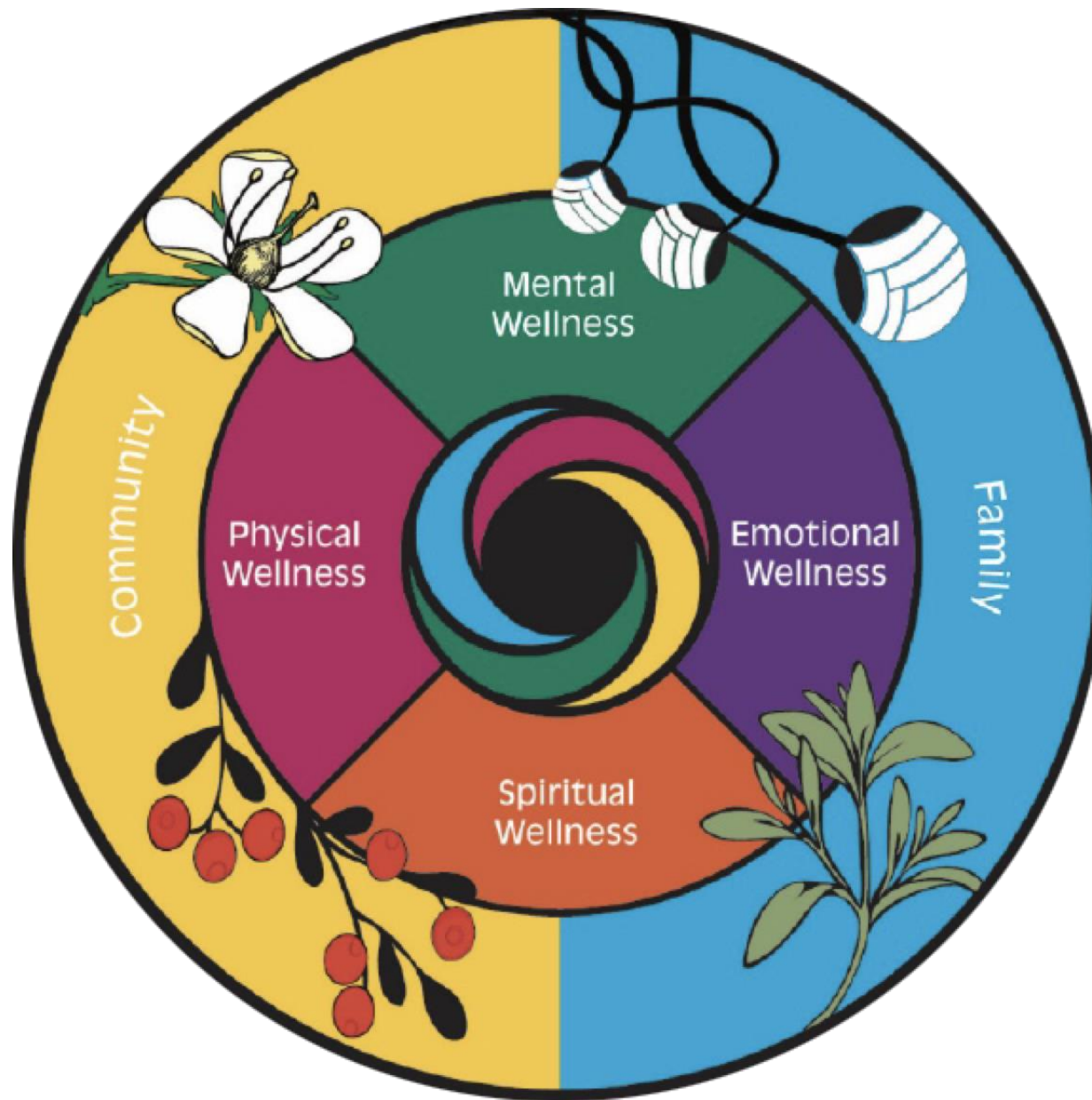


We acknowledge that the lands on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to the internet and the opportunities it brings.

The OCFP and DFCM respect that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to stay mindful and reflect on this from the territories where you sit or stand today, as we commit ourselves to gaining knowledge, forging a new, culturally safe relationship, and contributing to reconciliation.



Medicine Wheel

First Nations, Inuit and
Metis Wellness ECHO
at CAMH

Native-land.ca



Native Land f t i About Us Media How To Contribute Resources Support Us Contact Language

Territories Languages Treaties

Search your address, or toggle switches above to add shapes. Click around! Think critically about this map

Q Ontario, Canada

Territories Languages Treaties

Contact local nations to verify:
[Michif Piyil \(Métis\)](#)
[Anishinabewaki ᐱᑦᑎᑦᑎᑦᑎᑦᑎᑦ](#)
[Cree](#)

Export Map Colors Labels

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Anishinabewaki ᐱᑦᑎᑦᑎᑦᑎᑦᑎᑦ

Last updated on Tuesday, June 5th, 2018

Websites

- [Anishinabek Nation's Website](#)
- [Inter-Tribal Council of Michigan Website](#)
- [Waasa Inaabidaa: We Look in All Directions](#)
- [Algonquin-Anishinabeg Nation](#)
- [Wikwemkoong Unceded Territory First Nation's Website](#)
- [Saugeen Ojibway Nation Environment Office Website](#)
- [Chippewas of Nawash Unceded First Nation Website](#)
- [Saugeen First Nation Website](#)
- [Fond du Lac Band of Lake Superior Chippewa Website](#)
- [Bois Forte Band of Chippewa Website](#)
- [Mille Lacs Band of Ojibwe Website](#)
- [Leech Lake Band of Ojibwe Website](#)

info@anishinabek.ca Call Us Now! 1-705-493-9127 DOCUMENTS / EDUCATION RESOURCES / EMPLOYMENT / NEWS RELEASES

ANISHINABEK NATION

ABOUT US GOVERNANCE POLITICAL DEPARTMENTS STAFF DIRECTORY YOUTH PROGRAM

Implementing the Anishinabek Declaration of 1980

Listen to the Ngo Dwe Waangizid Anishinaabe

COVID-19 UPDATES

ANISHINABEK NEWS.ca

The voice of the Anishinabek Nation

HOME NEWS OPINION ARTS & CULTURE ANISHINABEK EDUCATION HEALTH JOB BOARD NOTICES ABOUT US

Raising awareness about Indigenous Patient Navigator Services at the Northeast Cancer Centre

Print Friendly Contact the Editor

Posted on April 18, 2023 by Anishinabek Health News

SUDBURY – As the Indigenous Patient Navigator at the Northeast Cancer Centre (NECC) at Health Sciences North (HSN) in Sudbury, Ont., Rose Pitawanakwat is ready, willing and able to help. And she wants more Indigenous people to reach out to her.

A cancer diagnosis is scary and overwhelming and the path through treatment can be confusing; however, Pitawanakwat says her role at the NECC is to support First Nations, Inuit, and Métis patients as much as she can through this complicated journey.

Whether it's helping coordinate appointments, keeping track of paperwork, or arranging transportation from their home community to HSN, she says the rapport she develops with patients helps them feel more comfortable navigating the

Indigenous Patient Navigator at the Northeast Cancer Centre (NECC) in

Ngo Dwe Waangizid Anishinaabe

Your Panelists



Dr. Kristina Powles

Relationships with financial sponsors (including honoraria):

- Speakers Bureau/Honoraria: Medical Psychiatry Alliance, OCFP honoraria for Practising Well CoP
- Other: Lead - Rotenberg Mental Health Program Mount Sinai Academic FHT, Co-lead – Collaborative Care Program Mount Sinai Academic FHT



Dr. Leah Skory

Relationships with financial sponsors (including honoraria):

- Speakers Bureau/Honoraria: OCFP Mood Disorders Workshop SPC Member, OCFP honoraria for Practising Well CoP, Centre for Effective Practice, Project ECHO Consultant



Dr. Stephanie Zhou

Relationship with financial sponsors (including honoraria):

- Speakers Bureau/Honoraria: OCFP honoraria for Practising Well CoP
- Other: Employed at Sunnybrook Health Sciences Centre RAAM Clinic

Disclosures

Moderator Disclosures: **Dr. Javed Alloo** @javedaloo

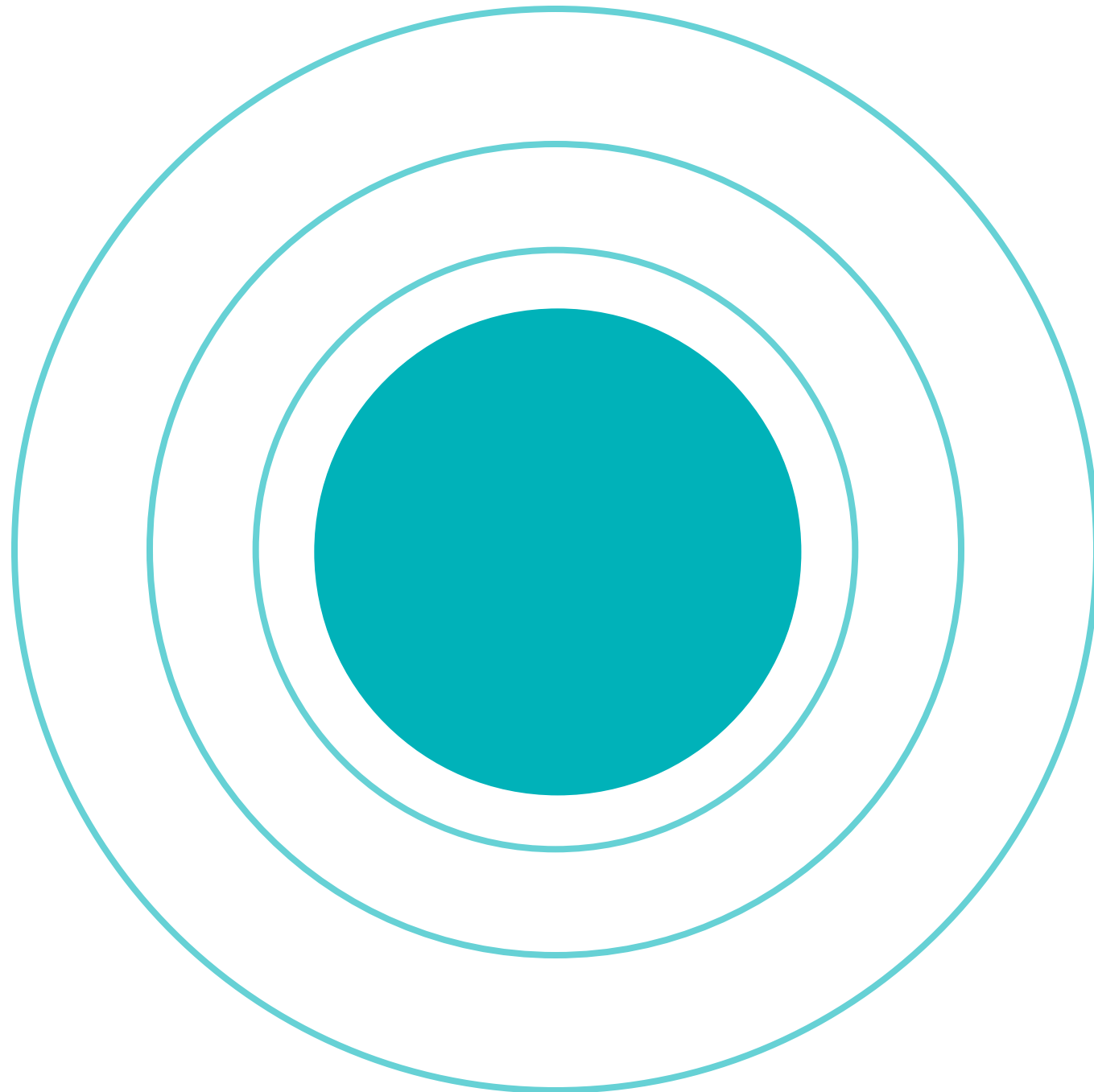
- Relationships with financial sponsors (including honoraria): College of Family Physicians of Canada, Centre for Effective Practice, Ontario Medical Association, Section on General and Family Practice, Centre for Addiction and Mental Health, Trillium Hospitals, Memotext, Ontario College of Family Physicians – Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research, U of T
- Speakers Bureau/Honoraria: Novo Nordisk Canada, Boehringer Ingelheim, Lupin, Astra Zeneca, Roche, Novopharm, Eli Lilly

Name: **Dr. Melissa Holowaty** @MnHolowaty

- Relationships with financial sponsors (including honoraria): Ontario Medical Association - Board Director, VP HPE Medical Society, Society of Rural Physicians of Canada – Board Member (ended May 2020), College of Family Physicians of Canada – Chair, MIG on Addiction Medicine, ECHO Liver – Advisory Board Member, META:PHI – Advisory Board Member, Ontario College of Family Physicians – CMNs (ended 2019) and Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research (2019)
- Speakers Bureau/Honoraria: Allergan – Botox Injection Instruction (2019)

Name: **Dr. Peter Selby** @drpselby

- Relationships with financial sponsors (including honoraria): York Region, CAMH, ECHO, ASAM, FAME, Local CHC, Veteran's Affairs Canada
- Advisory Board/Speaker's Bureau: Canadian Centre on Substance Use and Addiction, CCO, ECHO Ontario, MOHLTC, CAMH – Medical Advisory Committee, Dalla Lana (U of T) – Youth Vaping Cessation
- Other: Pfizer Inc., Johnson & Johnson, Novartis



Helping our patients deal with the mental health impacts of the pandemic

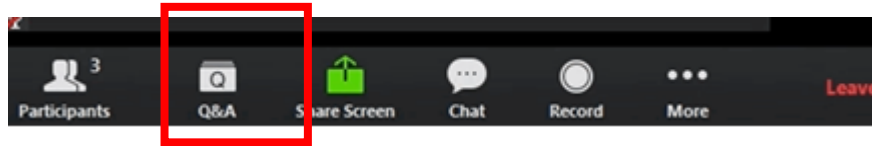
You raised important questions we'll try work through together today:

- Strategies to cope with the increased volume of patient needs?
- Top free patient resources to help support mental health during the pandemic?
- How to manage anxiety in our patients and ourselves?
- Tips to support self management of mental health conditions by patients?

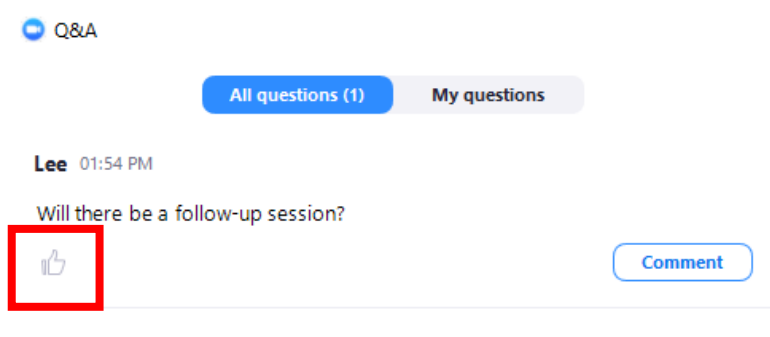
And other questions you add in the Q&A box...



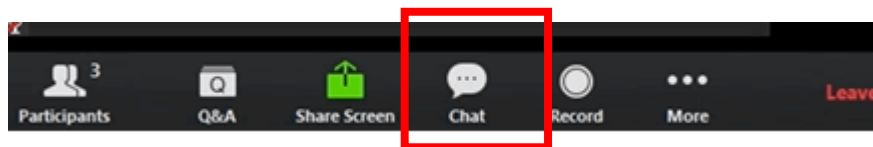
How to Participate



- Use the Q&A window to ask questions to the panelists; some questions will be answered verbally and some answers will be written directly in the Q&A window.



Click “thumbs up” to up-vote questions you see on the list, to make sure they’re answered.



- Use the chat to share reflections or resources.

Please introduce yourself in the chat!



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Helping our patients deal with the mental health impacts of the pandemic

Your Panelists:



Dr. Kristina Powles

Community Family Physician
Lead, Rotenberg Mental Health
Program, Mount Sinai Academic
Family Health Team

[@KristinaPowles](#)



Dr. Leah Skory

Physician
Barrie Community Health Centre



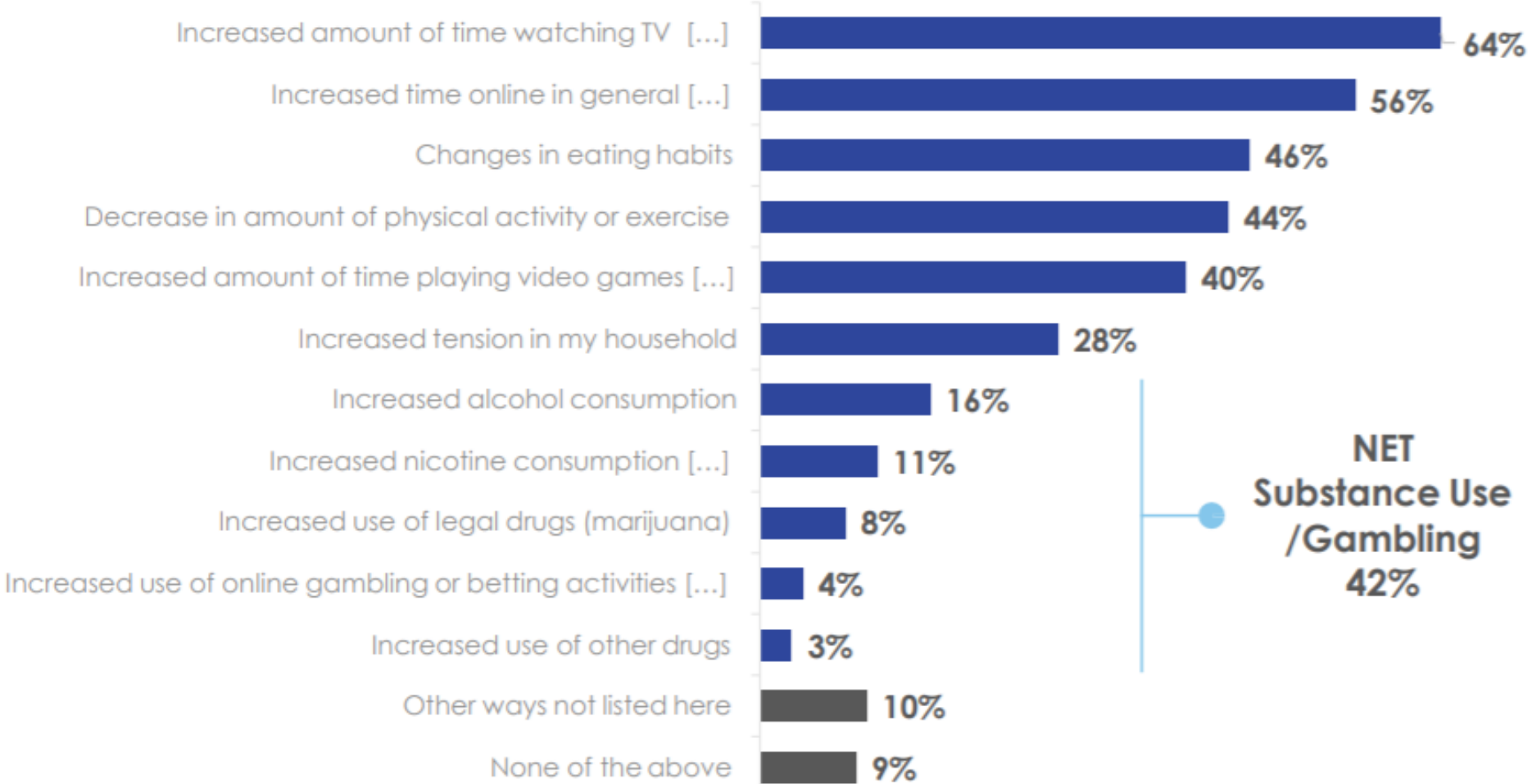
Dr. Stephanie Zhou

Addictions Physician
Sunnybrook Health Sciences
Centre, RAAM Clinic

[@stephanieyzhou](#)

Impact of the Pandemic on Mental Health

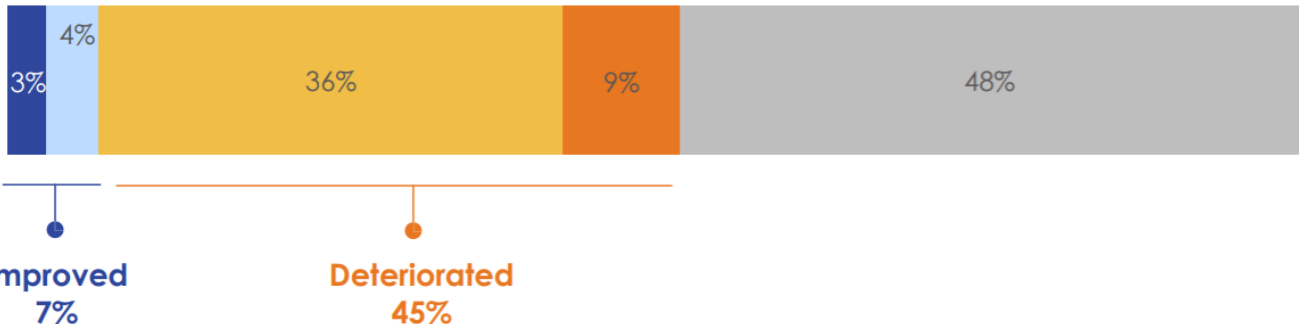
WOULD YOU SAY COVID-19 HAS IMPACTED YOU IN ANY OF THE FOLLOWING WAYS...?



Impact of the Pandemic on Mental Health

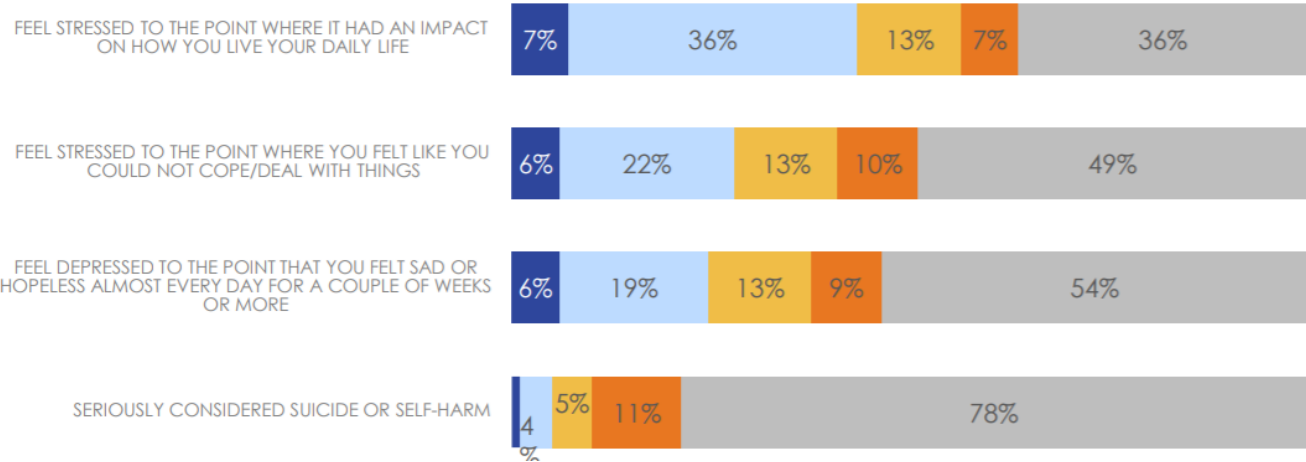
OVERALL, WOULD YOU SAY IT HAS...?

■ Improved my mental health a lot ■ Improved my mental health a little ■ Deteriorated my mental health a little ■ Deteriorated my mental health a lot ■ No impact

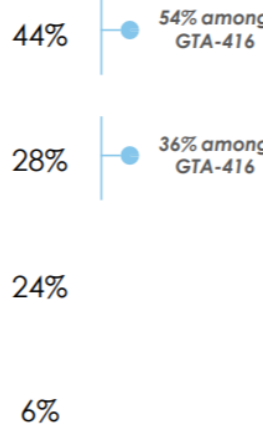


HAVE YOUR EXPERIENCES WITH ANY OF THE FOLLOWING CHANGED...?

■ Much more often ■ Somewhat more often ■ Somewhat less often ■ Much less often ■ No difference

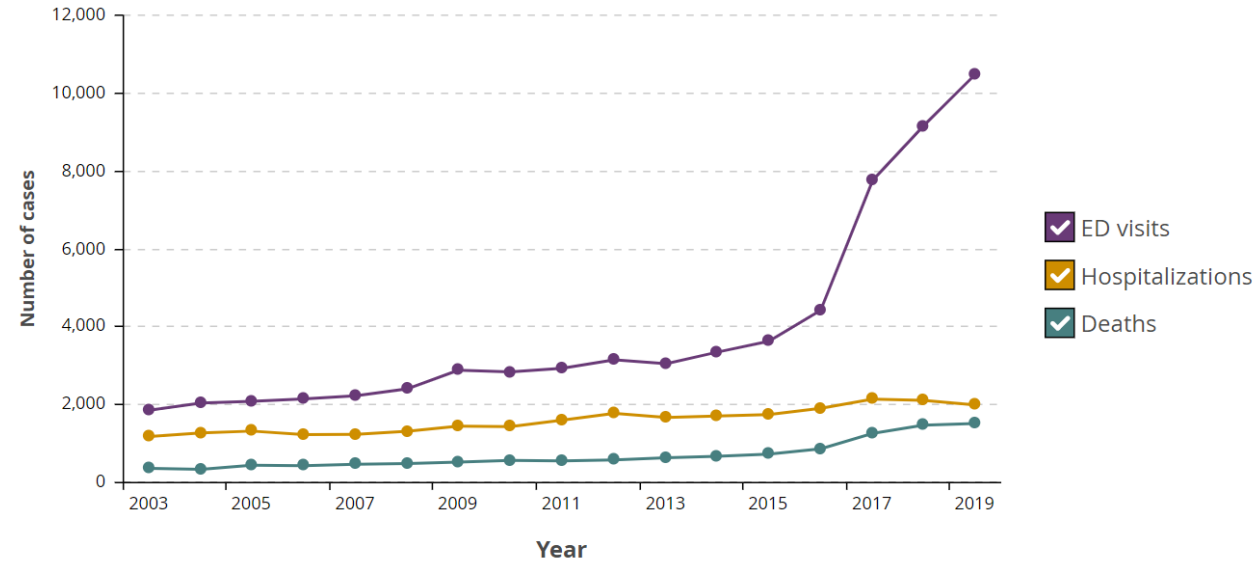


% MORE OFTEN (MUCH/SOMEWHAT)

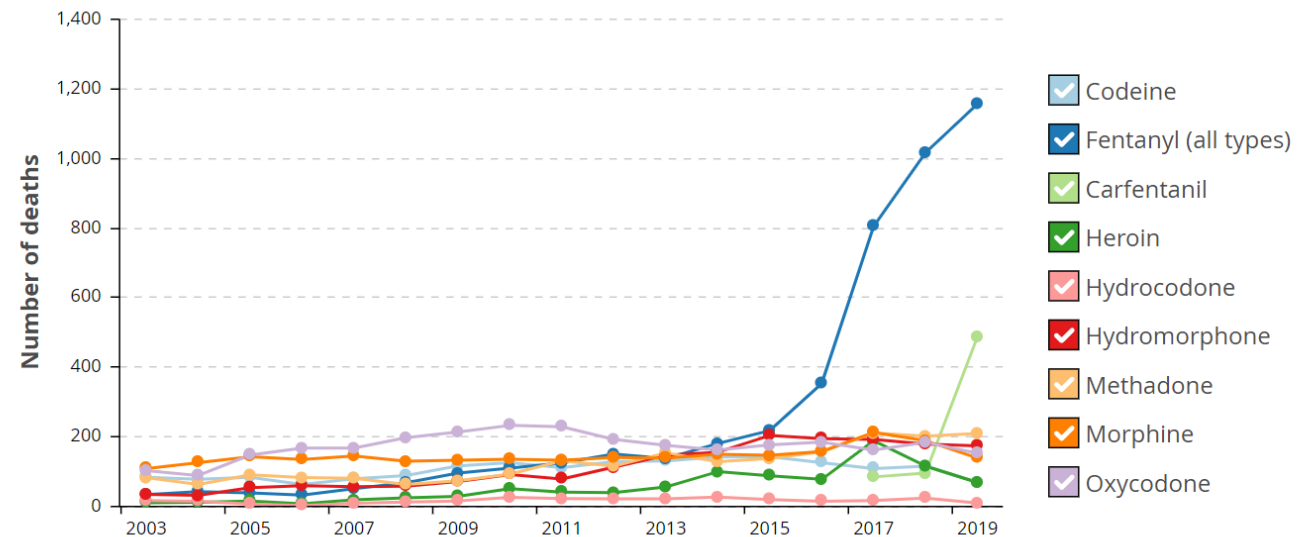


Substance Use during the Pandemic

Cases of opioid-related morbidity and mortality, Ontario, 2003 - 2019



Type of opioid present at death, Ontario, 2003 - 2019



<https://www.publichealthontario.ca/en/data-and-analysis/substance-use/interactive-opioid-tool#/drug>

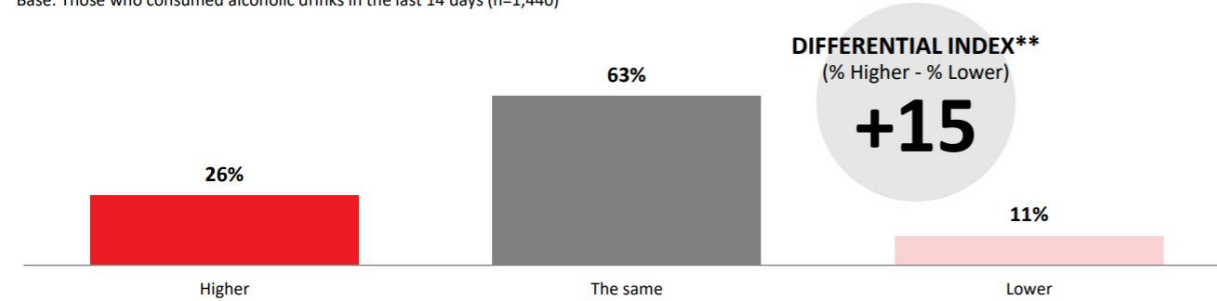
Substance Use during the Pandemic

ALCOHOL CONSUMPTION IN THE LAST 14 DAYS VS IN A TWO WEEK PERIOD BEFORE COVID-19



Q9B – Was your alcohol consumption in the past 14 days higher, the same or lower than in an average two week period prior to the COVID-19 pandemic?*

Base: Those who consumed alcoholic drinks in the last 14 days (n=1,440)



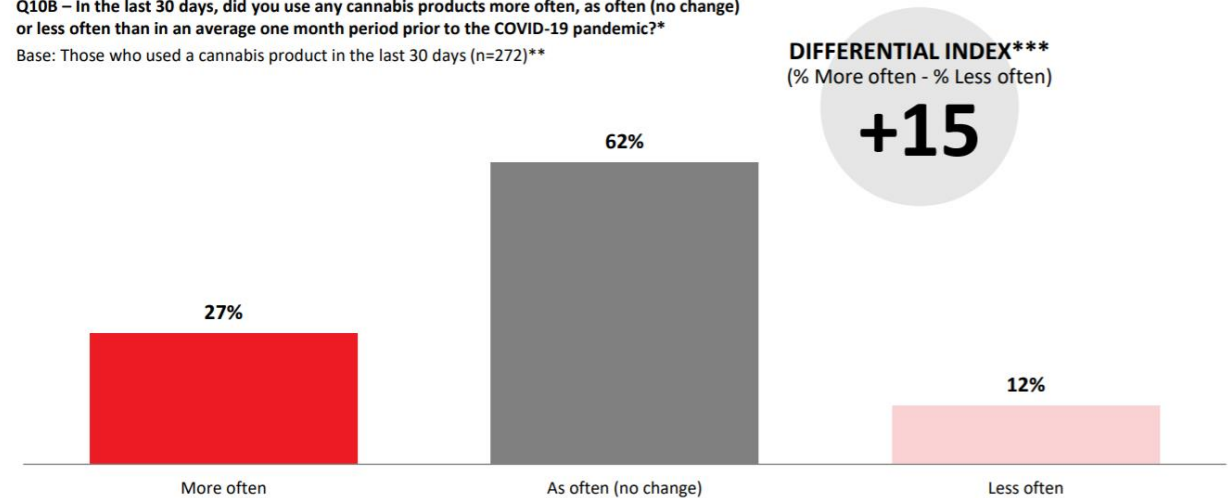
	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	1,440	189	143	99	530	399	80	200	297	224	535	184	90	1,350
Higher	26%	21%	34%	22%	26%	25%	20%	34%	29%	18%	15%	11%	29%	26%
The same	63%	70%	59%	72%	62%	62%	67%	55%	59%	71%	78%	78%	55%	64%
Lower	11%	9%	7%	6%	12%	13%	13%	11%	12%	11%	7%	10%	16%	11%

CANNABIS USE IN THE LAST 30 DAYS VS IN A ONE MONTH PERIOD BEFORE COVID-19



Q10B – In the last 30 days, did you use any cannabis products more often, as often (no change) or less often than in an average one month period prior to the COVID-19 pandemic?*

Base: Those who used a cannabis product in the last 30 days (n=272)**



Virtual Addictions Care



- Social Worker
- Nurse Practitioner
- Addictions Physicians
- Peer Support Workers

Resources

Tools



Links to resources shared today will be sent to participants following the session.

SHORT-TERM COUNSELLING

Where to go when you're looking for help

Community resources

Most of these community resources are either completely or partially covered by OHIP. For more information about therapy, please refer to the Psychotherapy and Drop-in Counselling resource sheets, which are also available at camh.ca.

The 519

519 Church St., Toronto, ON
www.the519.org
416-393-6881

Culture-specific

Arab Community Centre of Toronto

555 Burnhamthorpe Rd., suite 209, Toronto, ON
www.acctonline.ca
416 231-7746

Services offered: Individual and family counselling; youth counselling and parenting sessions, including liaising with Children's Aid Society; counselling and referral services for victims of family violence

Eligibility: Open to everyone

Note: Walk-in services and appointments available

Bangladeshi–Canadian Community Services

2899 Danforth Ave., Toronto, ON
www.bangladeshi.ca
416 699-4484

Services offered: Individual, couples and family counselling; career counselling for internationally trained professionals; youth counselling; support groups for families

Eligibility: Open to all, including immigrants and refugees, with a focus on Crescent Town and surrounding neighbourhoods

Mental Health Resources (Counselling)

Virtual Support for Mood and Anxiety

Cognitive Behavioural Therapy and Counselling Services

AbilitiCBT

<https://myicbt.com/home>

Bounce Back

www.bouncebackontario.ca

Referral Form: [Ocean \(cognisantmd.com\)](http://Ocean (cognisantmd.com))

MindBeacon

<https://info.mindbeacon.com/btn542>

TeleCBT (Fee for services for those without valid OHIP)

<https://telecvt.ca/ohip/>

What's Up Walk-In: 1-866-585-6486

www.whatsupwalkin.ca

Support for Trauma

Self-Referral Trauma Support Services

My BeST: Trauma Survivors' Network

www.stmichaelshospital.com/programs/trauma-survivors-network/

West End Services for Abuse and Trauma (WESAT)

416-240-1111 ext. 2532

Women's College Sexual Assault/Domestic Violence Care Centre

416-323-6040

Grief and Bereavement Support

Bereaved Families of Ontario

416-440-0290

www.bfotoronto.ca

Organizations That Help

Black Creek Community Health Centre

www.bcchc.com

416-249-8000 or 416-246-2388

Mood Disorders Association of Ontario

(Group Support)

1-888-486-8236

www.mooddisorders.ca

Yorktown Family Services

www.yorktownfamilyservices.com

416-394-2424

Self-Help Resources

Educational tools & tip sheets to manage mood and anxiety

Centre for Clinical Intervention

www.cci.health.wa.gov.au

Crisis Lines



Distress Centre

416-408-4357 or

Text: 45645

www.dcoqt.com

Gerstein Crisis Centre

416-929-5200

<https://gersteincentre.org/>

Assaulted Women's

Helpline

1-866-863-0511

www.awhl.org

Seniors Safety Line

1-866-299-0511

www.eapon.ca

Kids Help Phone

1-800-668-6868

<https://kidshelpphone.ca/>

Community Referral Lines

The Access Point

416-640-1934

www.theaccesspoint.ca

Community and Social

Services Helpline

211

Coordinated Access to

Addiction Services

1-855-505-5045

Central Access for

Withdrawal Management

1-866-366-9513

Resources

Anxiety Canada - <http://www.anxietycanada.com/>

Town Hall Series

- Uncertainty During COVID-19 – May 7, 2021
- Dealing with Uncertainty – May 14, 2021
- Healthy vs. Unhealthy Coping – May 21, 2021
- **Frontline Workers: Trauma and PTSD – May 28, 2021**



MyLife Meditation: Mindfulness – check-in and app selects brief guided meditation

Insight Timer – database of free meditations - <https://insighttimer.com/>

Resources

Togetherall - <https://togetherall.com/en-ca>

- Anonymous online community where members can support each other 24 hours a day

BounceBack - <https://bouncebackontario.ca/>

- Free skill-building program that adults and youth 15+ can access over the phone. Either self-referral or provider referral.

Internet-based CBT (currently free in Ontario)

- AbilitiCBT - <https://myicbt.com/home>
- MindBeacon - <https://info.mindbeacon.com/btn542>
- Wellness Together Canada: Mental Health and Substance Use Support - <https://ca.portal.gs/>

Other Supports

- Inkblot Canada - <https://inkblottherapy.com/>

Resources

Maintaining Mental Health Hygiene

Maintaining Mental Health Hygiene During a Pandemic

taking resources, or a hospital bed, from people who have respiratory illnesses as mental health units are separate from internal medicine wards. This means that the hospital will not be admitting patients with respiratory illnesses to the mental health units regardless of you coming for help or not, so do not let this guilt dictate your decision making to come to hospital for assessment. If you feel unsafe and need help, come get the help you need. The emergency room is still open 24/7 to help you in your time of crisis. Alternatively, most crisis lines and websites are still open which you can call for support at any time:

- **Telephone & Mobile Mental Health Crisis Support (24-hr)**
Call: 1-855-310-2673
- **The Warm Line (Mental Health Helpline)**
Call: 416-960-9276 Text: 647-557-5882 Online Chat: www.warmline.ca
- **Toronto Distress Centre**
Call: 416-408-4357 Online Chat: <https://www.torontodistresscentre.com/>

Maintaining Mental Health Hygiene During a Pandemic

Joshua D. Rosenblat, MD, MSc, FRCPC (Psychiatry) – March 19, 2020

The coronavirus (COVID-19) pandemic has led to profound changes in social and occupational practices requiring most people to socially isolate. Symptoms of anxiety and depression may increase with the required social distancing practices. Individuals who are already struggling with their mental health are at greater risk of experiencing worsening symptoms of anxiety and depression. Principles of cognitive behavioral therapy (CBT), behavioral activation (BA), interpersonal therapy (IPT) and mindfulness may be applied to maintain “mental health hygiene” to reduce mental health symptoms. The following 8 tips were written for individuals already struggling with depression and anxiety, however, may also be helpful for people with no previous mental health diagnoses. Many of these recommendations may seem obvious; nevertheless, mindfully applying these common-sense strategies may still be beneficial. Applying these strategies on a **daily basis** would likely have the greatest benefits to your mental health.

1. “MAPS” – Mastery, Altruism, Pleasure, Silence. On a daily basis, schedule in at least one activity for each of the four MAPS categories (e.g., scheduling in at least 4 activities per day). An activity of **mastery** is anything that allows you to feel a sense of accomplishment in completing a task. The activity may be small or large, such as making a sandwich, cleaning your room, sweeping the front porch or completing a task for work/school.

Acknowledging the completion of the task can help bring a sense of purpose and accomplishment versus feeling that every day was wasted with nothing to show for it. An activity of **altruism** is doing something good for another person. This may also be small or large, such as giving a call to a loved one that is feeling isolated or picking up an extra package of toilet paper for a neighbor (you can always leave it at the door and not make



Resources

Ongoing educational opportunities





Ontario College of
Family Physicians

Mood Disorders

Comprehensive and Realistic
Strategies for Primary Care

<https://www.ontariofamilyphysicians.ca/education/about-programs-workshops/mood-disorders>

Mood disorders are among the most common mental health illnesses

- Learn practical and realistic approaches to apply in your practice
- Identify strategies for patient management with mood disorders
- Understand how to safely and confidently manage uncertainty
- Apply interventions organized in a stepped care model
- Support patients/caregivers in making informed decisions

Interested in this workshop? Complete an expression of interest form and we will notify you of the next session!

<https://www.surveymonkey.com/r/MBF7NPY>

ECHO Integrated Mental & Physical Health

Fridays, 12:00 – 1:15 p.m.

Weekly June 4 – August 27, 2021

Learn about improving/enhancing the care of people with co-occurring mental and physical health issues, using a bio-psycho-social approach. Topics include: management of medically unexplained symptoms, enhancing treatment adherence, personality disorders, and more!

Apply here:

<https://edc.camhx.ca/redcap/surveys/?s=YDCJAPT7X>

Why join ECHO?

It's free. ECHO is funded by the Ministry of Health.

It's virtual. All you need is a computer/laptop and webcam, or smartphone.

It's fun. Connect with a community of healthcare providers across Ontario.

Earn CME credits. ECHO is a certified Continuing Medical Education activity.



Questions



Thank You!

Please complete the session evaluation that will be emailed to you shortly following this session.

Join us for the next live online session on
Wednesday, May 26!

Questions? Contact the OCFP at practisingwell@ocfp.on.ca.

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.

Certificates will be emailed to attendees within the two weeks.



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